

**Newton Parks and Recreation Department
is proud to be offering:**



Mondays 5:30 p.m. - 6:45 p.m.

February 7, 14, 21, 28, 2005



The class will include a non-aerobic, slow stretching form of yoga
based on the principles of physiological alignment.



Anyone with previous yoga
experience is encouraged to attend.



Cost:

\$40.00

**Classes will be held at the
Newton Recreation Department**

SPACES LIMITED SIGN UP NOW

For more information, contact the Newton Recreation Department at 695-4317,
or check the website at <http://www.newtonnc.gov/>.